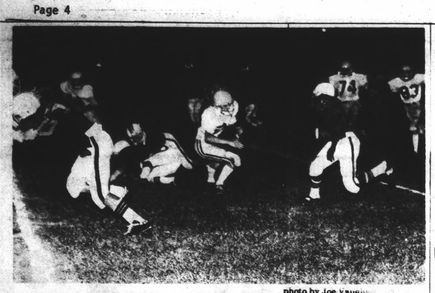

photo by Joe Vaughan

ANDREW KELSO IS SHOWN RUNNING THE BALL for yardage as Ronnie Abernathy is seen blocking for him in a play during the Raider-Gretna Hawks football game Friday night. The Raiders won the season opener in District play 15 - 8.

Raiders Win District Opener 15 - 8

Appomattox coach Stuart Justus was admittedly disappointed because of costly mistakes his players made, but he was very pleased with the hustle of the team and the desire that carried them to a 15 to 8 victory over district opponent Gretna Hawks.

John Rothgeb lead the offensive charge with 117 yards on 20 carries.

Rothgeb scored both Raider touchdown on runs of 15 and 7 yards. Fraley passed to Chris Johnson for PAT after the first TD and Freddy Mitchell booted the second PAT.

Standouts on defense were Myron McCoy with 10 assists and 1 recovered fumble, Ronnie Abernathy with 2 solo tackles, 8 assists and a pass interception and Andrew Kelso with 2 solo tackles, 5 assists and 1 recovered fumble.

The Raiders were penalized a total of 155 yards with two costly pass interference penalties in the last quarter that helped the Hawks stay in the game.

Appo.	0	8	7	0	15
Gretna	0	0	0	8	8

APPOX - ROTHGEB 15 yard run (Fraley passed to Johnson
APPOX - ROTHGEB - 7 yard run (Mitchell kick)
GRETNA - FREEMAN - 16 yard run (Booth run)

APPOMATTOX STATS: First Down - 10; Yards Rushing - 41-249; Yards Passing - 13 yards; Passes - 2-8-2; Fumbles - 3-3; Penalties - 155 Yards.

GRETNA STATS: First down - 10; Yards Rushing - 44-145; Yards Passing - 83 Yards; Passes - 5-16-1; Fumbles - 2-2; Penalties - 20 yards.

RAIDERS OF THE WEEK - Myron McCoy, left, and John Rothgeb were the coaches choices for Players of the Week honors and a steak dinner, compliments of Maude's Restaurant. McCoy played well on defense assisting on ten tackles and recovering one fumble. Rothgeb rushed for 117 yards on 20 carries and was credited with one pass interception while playing defense. He also scored both Raider touchdowns.

SPORTS

BY BILLY CONNER

INVITATIONAL VOLLEYBALL TOURNEY SCHEDULED

An Invitational Volleyball Tournament for girls will be held at Jefferson-Forest High School Saturday, September 10th.

The Tournament will start at 9 a.m. with the final game at 7 p.m.

Appomattox will be playing Brookville at 9 a.m. All Seminole District teams have been invited to participate.

Admission: students, 50c and adults, $1.00.

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George Blanton

Has Position In Florida

George Blanton, former teacher and coach at Appomattox County High School, is coaching football and track at Tarpon Springs Senior High School, Tarpon Springs, Florida.

The Tarpon Springs Sponges will open their season this Friday night, September, 9th.

Coach Blanton is also teaching in the Social Studies Department of the high school.

Mrs. Blanton (Judy) is Librarian at Schrader Elementary School.

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MONTH OF SEPTEMBER

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

SLOW COOKERS AND THEIR USE

FOOD SAFETY

Slow cookers are generally regarded as safe appliances for food preparation and if you operate them properly and use safe food handling practices.

Bacteria which are responsible for foodborne illnesses grow most rapidly when the temperature of food is between 60° and 120°F. It is important to keep the food in this temperature range for a minimum time. The maximum should be three hours including preparation time. Bacterial growth continues but at a slower pace up to 140°F.

The cooking temperature for slow cookers is well above 140°F. Some models do have a keep-warm setting which does not reach this temperature. If one accidentally used the keep-warm setting for cooking a meal, then there might be time for bacterial activity which could lead to a foodborne illness.

Avoid overloading the cooker which would delay heating and mean that some food might remain in the danger zone long enough to cause problems. Keep the lid on during cooking to help maintain safe cooking temperatures.

Keep foods, especially meats and broth, refrigerated until ready to cook. Cooked or browned meats should not be allowed to stand at room temperature.

All home canned vegetables and meats should be boiled 10 to 20 minutes before adding them to the slow cooker as a safeguard against botulism. This is necessary as the temperature in the slow cooker is not high enough to destroy botulism toxin.

After cooking, foods should not be left in slow cookers for extended periods of time. Leftovers should be refrigerated promptly. You can speed the cooling by transferring the food from a stoneware cooker to small, shallow containers.

ELECTRICAL SAFETY

Slow cookers are designed to be safe to operate even though you are away from home. Buying a model with the Underwriters' Laboratories (UL) seal helps assure you that the appliance is electrically safe. Avoid using the appliance near the sink while it is plugged into the outlet.

SLOW COOKERS AND NUTRITION

Nutrient loss is minimal in a slow cooker. Nutrient destruction is minimized when foods are cooked in a small amount of liquid at a low temperature just until done. Some of the water soluble nutrients will be in the liquid or broth which is usually served with the food.

The fat content may be higher for foods prepared in the slow cooker than by conventional cooking methods as the temperature is not high enough to melt the fat. To reduce the fat content, trim exterior fat on brown and drain meat before putting it in slow cooker.

RECIPE OF THE WEEK
APPLE BROWN BETTY

4 cups small bread cubes (about ½-inch)
⅓ cup melted butter or margarine
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1/8 teaspoon salt
¾ cup firmly packed brown sugar
4 cups chopped, peeled cooking apples
½ cup water

Mix bread cubes with butter, cinnamon, nutmeg, salt and brown sugar. Arrange in alternate layers with apples in slow-cooking pot. Cover and cook on high for 1½ to 2½ hours or until apples are tender. Serve warm with cream, hard sauce or ice cream. Makes 4 to 5 servings. This recipe can be doubled. This recipe can also be prepared in a 325°F oven for 45 minutes.

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Mount Airy Junior Choir To Render Program At Promise Land

The Mount Airy Baptist Church will render a musical program at the Promise Land Baptist Church this Sunday evening at 7 p.m. The special program will take the place of the regular evening service. All officers, members and friends are cordially invited to attend.

The local branch of the NAACP will hold its regular meeting at the Mount Shiloh Community Center next Monday evening at 7:30. All officers, members and friends are urged to be present. The final instructions for the annual Queens rally will be given out by the chairman of the program committee.

All representatives and local officers of the Appomattox Assembly are urged to attend an important meeting next Wednesday at 7:30 p.m. A special message from Mr. Anderson will be presented. The meeting will be held in the fellowship hall of the Galilee Baptist Church.

Impressive service was held at the Galilee Baptist Church last Sunday morning. The pastor delivered a very helpful sermon on the theme: "Four-fold Development." Beautiful music was rendered by the church choirs. Several visitors attended the service.

A successful revival was held at the Promise Land Baptist Church. The Rev. Roger Ford of the Mount Sina Baptist Church was the guest speaker. Two additions were added to the membership of the church. The following choirs rendered music during the week: Mount Shiloh, Promise Land Sr. Choir, Galilee Sr. Choir, The Harmonsets and the Mount Airy Sr. Choir. The attendance was very good.

The Mount Shiloh Sr. Choir held its anniversary last Sunday evening at 7 P.M. Deacon Calvin Elliott served as master of ceremony. Mrs. C. S. Turner read the scripture and prayer was given by deacon George Harvey. The welcome address was given by Mrs. Adlean Harvey. Deacon Clarence Wheeler accepted the welcome. The special guest was the Appomattox Trumpteers. All present enjoyed the program. The offering was lifted by deacons William Hancock and Alfred Fleshman.

The regular quarterly church meeting of the Mount Shiloh Baptist Church will be held this Saturday evening at 7 P.M. All officers and members are asked to attend.

A very large crowd attended the home coming services at the Triumph Baptist Church on the fourth Sunday in August. The pastor, Rev. David Jordon delivered the morning sermon. Rev. Mr. Fourger of Bloomsville, Va. and his choir were the afternoon guests. Dinner was served to all in the newly built friendship hall. The annual revival started on Monday evening with the Dr. Charlie Franklin of Baltimore as speaker for the week. Local choirs rendered music. Special music was rendered by Miss Sybill Franklin of Pamplin and Mr. Judge Vaughn of Baltimore Large crowds attended each evening. The church was happy to report a total offering of $4,217.02 for the entire service.

The Pastor's Aid will meet at the home of Mrs. Magnolia Franklin this Saturday at 7P.M. All members are urged to be present.

The lawn party held at the home of deacon and Mrs. Bernard Lawson for the benefit of the choir was a great success.

Mrs. Sarah Douthus has returned to her home in Washington after spending the summer here.

The Rev. and Mrs. Lacey Allen and family of Baltimore and Mr. Jacob Johnson of New York were the guests of their parents, Deacon and Mrs. Frank Johnson.

Mrs. Minnie Ferguson and grandchildren, Chip and Lynn, visited her sister in New York recently.

Mr. Leonard Jennings visited his parents, Mr. and Mrs. Harry Jennings.

Mr. and Mrs. James Edwards and Mr. and Mrs. Willie Edwards of Baltimore, were the guests of Deacon and Mrs. Ross Edwards. Misses Helen, Bertha and Fannie Walker, daughters of Mrs. W. J. Walker of New York were also guests in the home of Deacon and Mrs. Edwards.

The Ladies Aid will meet this Sunday at 2 P.M. at the Zion Baptist Church.

Mr. and Mrs. James Norton and brother Arthur of Philadelphia and Orange, N. J. were recent guests of Mrs. Barbara Radcliff and father, Mr. Thomas Jackson.

Miss Casandra Allen and Miss Sybil Johnson of Maryland and New York were the week end guests of Miss Lynn Gordon.

Mr. and Mrs. James Norton and brother Arthur of Philadelphia and Orange, N. J. were recent guests of Mrs. Barbara Radcliff and father, Mr. Thomas Jackson.

Miss Casandra Allen and Miss Sybil Johnson of Maryland and New York were the week end guests of Miss Lynn Gordon.

News has been received here that Mrs. Nettie M. Harvey Bumgardner of Baltimore, Md. is sick in the Baltimore City hospital. We offer a special prayer for her recovery.

Mr. and Mrs. L. A. Lawing and son spent the weekend in Ashland, Va. as guests of his cousin William A. Lawing, Sr. and family.

GOLDEN TRUMPTEERS TO HOLD ANNIVERSARY

The Golden Trumpteers of Appomattox will celebrate its 26th anniversary on Sunday, Sept. 18th at 6:30 P.M. at the Appomattox Elementary School. Several musical groups have been invited to take a part. Admission is free. A silver offering will be taken during the end of part I. The public is invited to attend.

PAMPLIN

Mr. and Mrs. G. C. Maxwell's guests over the weekend were: Mr. and Mrs. R. H. Swain of Richmond, Mr. and Mrs. R. C. Layne and son Forrest, Mr. and Mrs. Kenneth Elder and daughters, Linda and Audrey of Charlotte Court House, Robert Maxwell and Bonnie Mann of Appomattox.

Mr. & Mrs. Horace Coleman returned home Saturday from Norfolk after attending the funeral of his sister, Mrs. George H. Dana. Our sympathy is extended to the family.

Mrs. Renee Speer and Mrs. A. Powell of Dundee, Fla., returned home after two weeks visit with Mrs. Ruby Jamerson who recently came home from Virginia Baptist Hospital.

Mr. & Mrs. Willard Coggins of Henderson, N. C. were recent guests of Mrs. C. H. McCall.

Mrs. Earl Smith spent the weekend as guest of Mr. and Mrs. Juan Crawford on Holiday Island.

Mr. Earl Wood of Colonial Heights entered Medical College of Virginia on Wednesday to undergo surgery on Friday.

Visitors here for Labor Day weekend were: Mr. Douglas Jamerson and family of Raleigh, Mr. and Mrs. Charles Jamerson of Lynchburg, Mrs. Joe Jurney and family and Bill Terry of Danville, Mr. and Mrs. Delano of Warsaw, and Mrs. Jessie Smith of Axton.

The Pamplin Chapter of A.A.R.P. will meet Thursday night, September 8th at 7:30 p.m. at the Pamplin United Methodist Church. After the business meeting, a musical program will be presented.

ELEMENTARY SCHOOL MENU

Mon. Sept. 12 - Fishburgers, Buttered Corn, Green Beans, Purple Plums, Milk.

Tues. Sept. 13 - Chile con-carne w/Kidney Beans & Beef, Creamy Slaw, Hot Rolls, Peas & Carrots, Vanilla Pudding, Milk.

Wed. Sept. 14 - Cheeseburgers, Corn on Cob, Turnip Greens, Fruit Cocktail, Cookies Milk.

Thurs. Sept. 15 - Round Submarine Sandwich - Bologna w/Cheese and Lettuce, Sliced Tomatoes, Green Beans, Purple Plums, Milk.

Fri. Sept. 16 - Chicken Salad Sandwich, Buttered Broccoli, Tossed Garden Salad w/French Dressing, Sliced Peaches, Milk.

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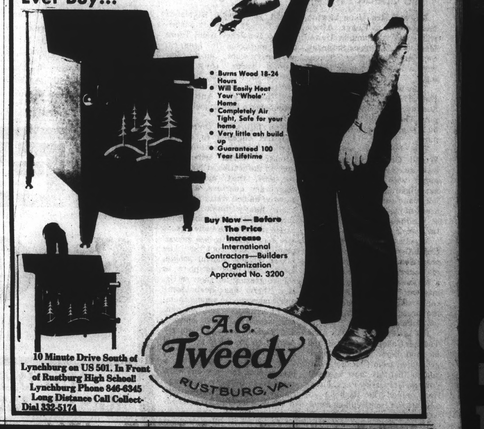

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